

At Nanny 'n Me, we have a saying: MESS IS BEST! Sensory play is very important for your little one's development, so we hope that you will embrace the mess a little as you try these wonderful sensory play recipes. Most of these recipes are "taste-safe" which means you don't have to worry if a little bit goes in your little one's mouth during playtime. We suggest that you put down a blanket and use a tray when playing with these concoctions to make clean up as easy as possible when playtime is over. We hope you have loads of fun together!

DOUGHS 1 PLAYDOUGH (NO COOK OPTION)



Ingredients:

- ✓ 2 cups flour
- ✓ 2 tablespoons oil
- ✓ 2 tablespoons cream of tartar
- ✓ ½ cup salt
- ✓ 1 ½ cups boiling water
- ✓ food colouring

Method:

- 1 Mix together all the ingredients, except the hot water and food colouring.
- 2 Mix the food colouring with the boiling water.
- 3 Add the boiling water to the mixture a little at a time, stirring with a wooden spoon.
- 4 Once all the water has been mixed in, allow it to cool a little.
- 5 Knead the dough until all the stickiness goes away.

Storage: Keep in a ziploc bag and/or sealed container at room temperature.

DOUGHS 2 PLAYDOUGH (COOKED OPTION)



Ingredients:

- ✓ 1 cup flour
- ✓ 2 teaspoons cream of tartar
- ✓ 1/3 cup of salt
- ✓ food colouring
- ✓ 1 cup water
- ✓ 1 tablespoon oil



Method:

- 1 In a bowl, combine flour, cream of tartar and salt. Mix well.
- 2 Add a few drops of food colouring to the cup of water before adding it to the mixture. Add the oil and mix well until you have no lumps.
- 3 Pour the mixture into a pot on the stove on low-medium heat. Cook for 5 minutes, stirring often.
- 4 You will know that your playdough is done when it no longer sticks to the pot and is one big ball of dough.
- 5 Put dough on a plate and allow to cool before kneading it a little before it's ready to play with. (If playdough is sticky, it has not finished cooking, if it is dry it has cooked too long. Try kneading it with wet hands).

Variations: Try adding a few drops essential oils for a different sensory experience and try different colours too.

Storage: Keep in a ziploc bag and/or sealed container at room temperature. Should last for 3-6 months.

DOUGHS 3 CLOUD DOUGH



Ingredients:

- ✓ 4 cups flour
- ✓ ½ cup of vegetable oil

Optional:

½ cup of powder paint
to add colour

Method:

- 1 Put flour in a bowl and if you are adding powder paint for colour, combine and mix well.
- 2 Add oil and knead. The consistency of cloud dough is soft and crumbly but it moulds unto shape under pressure (i.e. when you squeeze and squash it).
- 3 If the dough does not mould when you squeeze it, add more oil. If the dough is too wet, add more flour.
- 4 For a smoother texture, replace vegetable oil with baby oil but please note that this version of cloud dough is not taste-safe.



Storage: Store in a sealed container. Please note that this dough is perishable so be sure to check it for signs of spoilage before letting your child play with it.

Tips for clean up: Play with this in a place where it will be easy to sweep up the mess as it can get very crumbly.



DOUGHS 4 FOAM DOUGH



Ingredients:

- ✓ 1 cup shaving cream
- ✓ 1 cup cornstarch
- ✓ food colouring

Method:

- 1 Place shaving cream in a bowl and mix in food colouring well.
- 2 Gently stir in cornstarch.
- 3 Initially the dough will be light and fluffy but will become more crumbly as you play with it.

Variations: Instead of cornstarch, use play sand for a different texture.

Storage: Store in sealed container for a few days. It is always fluffiest right after it has been made.

Tips for clean up: Play with this in a place where it will be easy to sweep up the mess as it can get very crumbly.



DOUGHS

5

BANANA PLAYDOUGH – TASTE SAFE



Ingredients:

- ✓ ½ cup ripe or overripe banana, mashed
- ✓ ½ cup water
- ✓ ½ cup vegetable oil
- ✓ 2 ¼ cups flour
- ✓ ¾ cup cornstarch

Method:

- 1 In a bowl, combine mashed banana, water and oil. Mix well.
- 2 In a second bowl, combine flour and cornstarch. Mix well.
- 3 Add the flour mixture to the banana mixture. Mix and knead until the dough is fluffy and smooth without any lumps.

Storage: Store in an airtight container in the fridge for a few days. Please note that this dough is perishable so be sure to check it for signs of spoilage before letting your child play with it.

DOUGHS

6

EDIBLE SILLY PUTTY - TASTE-SAFE



Ingredients:

- ✓ 1 cup smooth yoghurt
- ✓ 2 cups cornstarch

Method:

- 1 In a bowl, mix the yoghurt with the cornstarch until it forms a ball.
- 2 If the mixture is sticky, add more cornstarch.
- 3 If the mixture is too dry, add more yoghurt.

Storage: Keep in a ziploc bag and/or sealed container in the fridge. Please note that this dough is perishable so be sure to check it for signs of spoilage before letting your child play with it.

Tips for clean up: Keep some wet wipes or a damp cloth near by to wipe hands when you are finished playing.



FINGER PAINT

1

FINGER PAINT – TASTE SAFE



Ingredients:

- ✓ 2 cups cornstarch
- ✓ 1 cup cold water
- ✓ 4 ½ cups hot water
- ✓ food colouring

Method:

- 1 In a bowl, mix the cornstarch and cold water until there are no lumps.
- 2 Add the hot water, one cup at a time, mixing in between adding each cup.
- 3 Divide the mixture into a few smaller containers and add different colour food colouring to each.
- 4 Wait for it to cool before painting with it.

SLIMES

1

MINI WATER BEADS - TASTE-SAFE



Ingredients:

- ✓ 1 ¼ cups of water
- ✓ food colouring
- ✓ 1 tablespoon of sweet basil seeds

Method:

- 1 Mix food colouring and water in a bowl.
- 2 Add the sweet basil seeds and stir briefly. Allow the mixture to sit for 3-5 minutes.
- 3 Place the water beads in a container and add a small amount of clean water to prevent them from clumping together.
- 4 Try making different colours to mix together!

SLIMES 2 SHAMPOO SLIME



Ingredients:

- ✓ 2 ¼ cups cornstarch
- ✓ ½ cup shampoo
- ✓ food colouring
- ✓ 6-9 tablespoons of water

Method:

- 1 Place cornstarch in one bowl.
- 2 In a second bowl combine shampoo with food colouring and mix well.
- 3 Add the two mixtures together and combine until it appears crumbly.
- 4 Add water, one tablespoon at a time, mixing well between each tablespoon.
- 5 Once you have a shiny dough that holds together in a ball, but also "melts", you are ready to play!

Storage: Add ¼ teaspoon of water to the dough to keep it from drying out and store it in a sealed container. Store at room temperature for several days.

SLIMES

3

CORNSTARCH SLIME (OOBLECK) – TASTE SAFE



Ingredients:

- ✓ 1 cup cornstarch
- ✓ food colouring
- ✓ ½ cup water

Method:

- 1 Place cornstarch in a bowl.
- 2 In a cup, add some food colouring to ½ cup of water.
- 3 Mix it all together with a spoon or by hand. Add more water if it is too dry.
- 4 This slime will stick together when squeezed, but will be runny like a liquid when held loosely.

Tips for clean up: This one can get very messy. Before you start playing with it, put a bucket with a little water and a towel nearby to wash hands immediately after playtime to avoid a big mess.

SLIMES 4 PUDDING SLIME - TASTE-SAFE



Method:

- 1 In a bowl, combine the instant pudding mix with half of the cornstarch.
- 2 Add warm water and mix well.
- 3 Gradually add the rest of the cornstarch until it is mixed well.



Ingredients:

- ✓ ¼ cup instant pudding mix
- ✓ 1 cup cornstarch
- ✓ 1/3 cup warm water

Tips for clean up: This one can get very messy. Before you start playing with it, put a bucket with a little water and a towel nearby to wash hands immediately after playtime to avoid a big mess.



SLIMES

5

JELLY SLIME - TASTE-SAFE



Method:

- 1 Combine cornstarch and jelly powder. Mix well.
- 2 Gradually add water as needed and mix.
- 3 Play with it on a non-stick surface.



Ingredients:

- ✓ 25g jelly powder
- ✓ ½ cup cornstarch
- ✓ water

Tips for clean up: This one can get very messy. Before you start playing with it, put a bucket with a little water and a towel nearby to wash hands immediately after playtime to avoid a big mess.



SLIMES

6

PSYLLIUM HUSK SLIME - TASTE-SAFE



Ingredients:

- ✓ 1 cup water
- ✓ food colouring
- ✓ 1 tablespoon psyllium husk

Method:

- 1 In a pot on the stove, mix food colouring to some hot water.
- 2 Add 1 tablespoon psyllium husk and stir. The mixture will begin to bubble and boil and you will know it is ready when it becomes a snot-like consistency.
- 3 Allow it to cool before playing with it.

Storage: Keep it in an airtight container or ziploc bag in the fridge.

Tips for clean up: Keep some wet wipes or a damp cloth near by to wipe hands when you are finished playing.





SLIMES 7 FLAX GOO - TASTE-SAFE



Ingredients:

- ✓ 3 cups of water
- ✓ 1 cup whole flax seeds (also known as linseed)
- ✓ Optional: food colouring



Method 1:

- 1 Pour water in a container and stir in the flax seeds. If you are using food colouring be sure to mix it with the water, but please note that the food colouring will stain fingers and hands when playing with this goo.
- 2 Place uncovered in the fridge for at least 12 hours or overnight.
- 3 Be sure to take the goo out of the fridge at least 30 minutes before you want to play with it.

Method 2: (makes a gel-like goo)

- 1 Put the water and seeds into a pot on the stove and allow it to boil, stirring often. You will know it is ready when it is a snot-like consistency.
- 2 Allow it to cool.

Storage: Keep in a sealed container in the fridge. It will keep for a few days but be sure to check it for signs of spoilage before allowing your child to play with it.

SAND

1 DIY KINETIC SAND



Method 1:

- 1 In a bowl, combining the sand and flour. Mix well.
- 2 Add the oil and mix well.
- 3 This should feel like a soft sand and will be mouldable when squeezed into a ball or into a cup.



Ingredients:

- ✓ 5 cups play sand
- ✓ 3 cups flour
- ✓ 1 cup oil

Storage: Store in container with a lid.

Tips for clean up: Play with this in a place where it will be easy to sweep up the mess as it can get very crumbly.



OTHER

1 EASY, TASTE-SAFE SENSORY OPTIONS



Why not try:

- ✓ Mashed veggies
- ✓ Puréed Fruit
- ✓ Dried oats
- ✓ Puffed cereal
- ✓ Uncooked pasta
- ✓ Seeds (basil seeds, birdseed, etc.)
- ✓ Coloured rice (combine rice with water and food colour in a ziploc bag, shaking it up, then spread it out to dry).

Recipes and inspiration from:

1. Book: 150+ Screen-Free Activities for Kids by Asia Citro.
www.funathomewithkids.com
2. www.artcraftcrazy.com
3. www.thesoccermomblog.com
4. www.onelittleproject.com